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DRUGS AT
A HOSPITAL IN
SKETCH-VILLE, (USA?)

DAY 12
TEMP

PAGE 9

As if this story
wasn't bad
enough already ...

Traces of STDs found on library copy
of 50 Shades of Grey

PAGE 6

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HAWK IS HERE TO HELP

Sgt. Brent Hutt is seen with Hawk, the Calgary Police Service's new trauma dog. The police service is just the third in Canada to employ a pup whose primary purpose is to provide comfort to victims who have witnessed or experienced traumatic events. Hawk has already been busy since coming on the job last month. Story, page 4. JEREMY NOLAIS/METRO

Nenshi vows to fight \$6M suit against him

Defamation. Mayor says he will 'vigorously defend' himself from 'outrageous' lawsuit



ROBSON
FLETCHER
robson.fletcher@metronews.ca

Mayor Naheed Nenshi came out swinging Monday in response to a \$6-million defamation lawsuit filed against him by Shane Homes founder Cal Wenzel, describing the legal action as an attempt at intimidation that threatens public discourse.

"In my opinion, this type of lawsuit is very dangerous," Nenshi told reporters, reading from a written statement. "It's dangerous because it possesses a very significant risk of chilling political discourse and chilling freedom of speech in this country."

Nenshi described the \$6 million in damages Wenzel is seeking as "outrageous" and said the lawsuit is "clearly designed to scare me and scare others."

A statement of claim against Nenshi, filed in court Nov. 13, alleges the mayor defamed Wenzel during the municipal election campaign



Mayor Naheed Nenshi speaks with reporters outside city council chambers Monday afternoon.
ROBSON FLETCHER/METRO

in an attempt to make him a political foil.

The lawsuit centres around the infamous leaked video of Wenzel in which he appears to be talking with others in the industry about how to get like-minded members elected to city council.

The suit highlights, in particular, public comments Nenshi made, suggesting Wenzel broke election financing laws and counselled others to do the same, and comparing Wenzel to the mafia leader in the movie The Godfather.

In a statement, Wenzel said

Nenshi's comments caused "real and substantial" harm to his reputation that "demands legal redress."

Wenzel described the \$6-million he is seeking as "commensurate with the damage done to my character and reputation" but added he's not interested in the money.

"Any damages awarded to me will be donated or otherwise directed into charitable works," Wenzel said.

In a letter to Wenzel's lawyers, Nenshi's legal counsel suggests the mayor's comments fall under the "qualified privilege," "fair comment" and "justification" or "truth" defences against defamation.

The latter is widely considered the most difficult defence against defamation.

"You, the defendant who's being sued, have the burden of proving that what you said was true," said Dan Burnett, a lawyer and professor of media law at the University of British Columbia. "You've got to be able to call in some first-hand evidence that does that."

None of the allegations has been proven in court.

ARE TAXPAYERS ON THE HOOK FOR NENSHI'S LEGAL FEES AND ANY DAMAGES? SEE STORY, PAGE 3.

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Conditional. City could cover mayor's legal bills

With Mayor Naheed Nenshi facing a \$6-million lawsuit for defamation, who foots the bill?

Members of council grappled with that question Monday, and the mayor himself admitted he needed to brush up on the city's indemnification policy. "I wasn't very aware of it until recent events," he said.

That policy, created in 1977 and amended last year, specifies that the City of Calgary "agrees to hold harmless" members of council who are sued and cover any legal penalties on their behalf through insurance, with an important condition. The benefit exists "provided always that the legal liability for damages arises out of any act, error or omission during the performance of a member's duties which are, or which the member believes in good faith to be, within the scope of his duty as a Member of Council."

It was unclear Monday whether the comments Nenshi made during the election campaign would qualify.

As for the mayor's legal fees, he can apply to have them covered. It would then be up to his 14 colleagues around the council table to decide whether or not the city should foot that bill.

Council planned to meet Monday night to discuss the situation behind closed doors, as the policy stipulates.

If a recommendation is made to cover Nenshi's bills, it would then have to come forward to an open meeting of council for ratification.

ROBSON FLETCHER/METRO



City administrators estimate it will cost \$300,000 to perform repairs on the lower-deck hangers of Calgary's Centre Street Bridge, seen here, after it was hit particularly hard in June's flood. ROBSON FLETCHER/METRO

Dangers may lurk on damaged bridges

Long-term flood impact. Final report on underwater damage due in January

Assessors will dive into Calgary's rivers to examine underlying damage caused to vehicle bridges during June's historic flood.

All told, initial estimates suggest \$1.3 million will be needed to take scour-protection measures, firm up erosion spots, and dislodge debris pushed into the underlying supports of spans that cross over the Elbow River and Bow River.

The Centre Street Bridge in

particular will require \$300,000 in 2014 to repair lower-deck hangers, according to a budget-adjustment request that will go before city council next week.

"It did cause some general damage from wear and tear because the silts and debris that went rushing past got stuck," city roads spokesperson Carissa Vescio said Monday of the flood's impact on the major Calgary river crossing.

"So, it's not an immediate safety concern but a long-term safety consideration," she added.

The city believes all flood-related costs for bridge repairs will be covered by the provincial disaster-relief program.

But Coun. Gian-Carlo Carra

said he's already begun discussing with city administrators a more costly effort to shore up certain bridges to ensure they stay standing much longer. The Ward 9 representative noted he had his wedding photos shot in 2007 on the 12th Street S.E. bridge at the Calgary Zoo, which was closed for repairs. Now, he's quick to point out the same bridge is on the city's list of capital-replacement projects.

"The question is, would it be not more effective to spend more money now to save ourselves in the long run?" he said.

Vescio said underwater assessments of the vehicle bridges, all of which were long ago cleared for traffic, will be completed in the coming weeks and

Other span struggles

Pedestrian bridges in Riveau, Riverdale and at Sandy Beach have been completely demolished after being spun in twisted piles of debris by the raging rivers. Officials have said it could cost \$10 million to replace those, an effort that may not be fully seen through until the end of 2014.

a final report is expected to be provided to the city in January. From there, a list of priorities and more definitive cost for repairs will be nailed down, she said. JEREMY NOLAN/METRO

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Council votes to refrain from automatic 'tax-room' grab

Not quite unanimous. Coun. Druh Farrell cites 'solid and desperate need' to reduce deficit



ROBSON FLETCHER

robson.fletcher@metronews.ca

Calgary will no longer automatically take so-called "tax room" from the province when the two levels of governments' property tax shares are calculated and money is left over.

Council voted 14-1 in favour of a motion put forward by Coun. Shane Keating to cease the practice — although that doesn't necessarily mean the city won't take the money, should there be tax room available in future years.

"This is not a debate about should we keep it and how we spend it," Keating said. "It is simply a debate about: Should the taking be automatic?"

What is 'tax room'?

Tax room exists in some budgetary years because the city sets a tax rate in November and collects taxes on behalf of the province for education based on an estimate.

- The province, by contrast, sets its budgets in the spring. The estimate of the provincial portion isn't always bang-on.
- The city used to use any available tax room for capital projects and debt repayment.

Coun. Druh Farrell was the lone vote against the motion, saying the city needs the tax room to put just a tiny dent into its \$23-billion infrastructure deficit.

"We need this money," she said. "It's available occasionally. And I'm willing to take it."



Coun. Shane Keating, right, who put forward the motion to cease taking "tax room" automatically, speaks at council Monday night. ROBSON FLETCHER/METRO

It's easy to confess pain to a pup, cops find



Sgt. Brent Hutt and two helpers give Hawk, the Calgary police's new trauma dog, plenty of love during its introduction Monday. JEREMY NOLAIS/METRO

At first glance, Hawk may seem like a nonchalant Labrador retriever.

But Laura Watamanuk, executive director of the Pacific Assistance Dog Society, is quick to note he's gone through a tremendous training regimen.

At just eight weeks, Hawk was given to a "puppy raiser" who, for nearly 18 months, paraded him through all the typical routines of a human being. Hawk went grocery shopping, took in flicks at the theatre and even paid visits to the doctor.

"He learned that his human world was a very safe and lov-

Canines that care

"We know that Hawk is going to be our hero, our connection to so many kids and so many people who have suffered serious trauma."

Calgary Police Chief Rick Hanson

ing place," Watamanuk said.

After becoming an adult, Hawk was put through "the wringer" for several months to ensure he was ready for the task ahead: working with the Calgary Police Service as its first trauma dog.

The thinking is that Hawk,

with his kind eyes and gentle temperament, will be able to provide comfort to people who have experienced trauma.

Watamanuk said in cases she's heard of elsewhere, victims, particularly young children, were far more comfortable disclosing what they'd

Trend

Calgary police are the third force in Canada to bring a trauma dog on board. The Delta Police Department and Camrose Police Service also use trauma dogs.

endured to a dog than to a big, burly police investigator.

Hawk first began working in Calgary last month and was officially awarded a badge Monday by Chief Rick Hanson himself. JEREMY NOLAIS/METRO

Public assistance

Health advocates to join system in January, April

A public advocate to help Alberta patients and families navigate the health system will be on the job Jan. 1.

Premier Alison Redford announced Monday there

will also be an advocate to help families and seniors looking for assistance starting April 1.

The premier says the two positions are part of the new Alberta Health Act, which was passed in 2010 and comes into effect at the start of next year.

They will join the current mental-health patient advocate.

"All Albertans can count

on a home in the health-care system," said Redford at a downtown Edmonton rehabilitation hospital.

The act includes the provision for a charter to enshrine Alberta's commitment to publicly funded health care under the Canada Health Act.

It will not include a wait-time guarantee for medical procedures.

THE CANADIAN PRESS

Domestic violence

911 operator admits belittling slain woman's call

A 911 operator admits she was dismissive during a call made by a northern Alberta woman who was later stabbed to death by her boyfriend.

Yen Tran said in an affi-

davit that she used unprofessional language when she took the call from Brenda Moreside in High Prairie in February 2005.

Tran said she treated the call as if it were a vandalism complaint instead of a domestic-violence issue and she wouldn't make the same mistake today.

Moreside, 44, called the emergency number asking police for help because

her drunken boyfriend was breaking into their home. She was told the man couldn't be charged with breaking into his own residence, and officers didn't respond to her complaint.

Police didn't find her body until 12 days later. She had been stabbed seven times.

Mounties later apologized and admitted an error had been made. THE CANADIAN PRESS

Shocking fatality prompts annual reports

Pedestrian safety. City police, transportation and roads departments already working on numerous initiatives



ROBSON FLETCHER
robson.fletcher@metronews.ca

In the wake of a pedestrian fatality earlier this year that

shocked a northwest Calgary community, city staff plan to “co-ordinate” a series of existing initiatives to improve road safety and issue annual reports to council.

“There are literally dozens of individual initiatives that are ongoing,” transportation general manager Mac Logan told council Monday. “We didn’t feel the need to introduce another stand-alone study. We felt there was more merit in trying to

Collisions

500

There are roughly 500 pedestrian collisions each year in Calgary, according to city data, and the collisions happen most frequently during the morning and afternoon rush hours.

co-ordinate these different initiatives, rather than generate new ones.”

That was the conclusion staff came to, Logan said, after being asked last March to look into pedestrian safety issues by then Ald. Gael MacLeod.

MacLeod requested the study following a horrific pedestrian fatality in February in the community of Sandstone. Wong Shuk Yee died after being struck by two vehicles while trying to cross the street near the intersection of Sandstone

Drive and Berkshire Boulevard N.W.

The drivers of both vehicles fled the scene, although one later surrendered to police. The story grabbed public attention because numerous other vehicles drove past the fatal scene, continuing on with the morning commute without stopping.

Reports on pedestrian safety will now be issued to city council each October, a

proposal raised Monday by Coun. Brian Pincott.

“Let’s keep this type of reporting active,” he said. “The best time to do that would be at the end of the summer.”

Council voted in favour of the annual reports.

Collisions involving pedestrians crossing a street with the right of way outnumber those where the pedestrian is jaywalking by more than a two-to-one margin, city data shows.

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Alta. to match donations up to \$500K to aid the Philippines

The Alberta government says it will match public donations up to a total of \$500,000 to aid victims of the recent catastrophic typhoon in the Philippines.

Deputy premier Thomas Lukaszuk said it was imperative to step up and help the Asian archipelago, which has more than 100,000 of its people living and working in Alberta.

Lukaszuk said the province will use gaming revenues to match money donated to the

Quoted

“Many families and relatives of those victims are here among us in Alberta, as our neighbours (and) as our families.”

Deputy premier Thomas Lukaszuk

Red Cross. The announcement came just hours after the NDP said it would seek an emer-

gency debate in the legislature on why Premier Alison Redford had not joined the federal government and other provinces to deliver aid. Lukaszuk said the announcement had been in the works for days.

New Democrat Leader Brian Mason said the \$500,000 is “a little small” compared with up to \$5 million the province has delivered to victims of other international disasters.

THE CANADIAN PRESS

U of C defends pricey office renos

University of Calgary officials were quick to defend a decision to press ahead with \$8 million in renovations for top-executive offices amid a firestorm of criticism online Monday.

Reports first surfaced of the project Sunday and the point that it was green-lit just two weeks after the provincial government slashed operating grants by an average of seven per cent particularly frustrated many students.

But Bob Ellard, the university’s facilities vice-president, was quick to point out the project’s funding came from its

Support the project?

Advanced Education Minister Thomas Lukaszuk told reporters that ultimately it would be up to faculty and students to decide whether they support the project given the go-ahead by U of C’s board of governors.

capital-projects pool, which is money that cannot be used on operational costs.

“We didn’t rob Peter to pay Paul,” he said. “We continued

to hire faculty and staff as we had — and that was in a very difficult time.”

Advanced Education Minister Thomas Lukaszuk did say the U of C has managed its budget “very well” since the March budget. “We often hear about infrastructure deficit,” he added. “If you don’t fix it or renovate it today, it will cost you twice as much tomorrow, so we do expect our universities to take good care of their assets — of their buildings — because those are buildings paid for by the taxpayers of Alberta.”

JEREMY NOLAIS/METRO

Rob Ford loses more power

Toronto. Chaotic day ends with city council voting to slash mayor's budget, hand many duties to deputy

An extraordinary debate marred by chaotic scenes saw Toronto city council strip Mayor Rob Ford of more of

his powers Monday, an act he compared to the Iraqi invasion of Kuwait and a declaration of war.

Blasting what he called a "coup d'état," Ford said voters should be able to pass judgment on him, not his fellow councillors. "You guys have just attacked Kuwait," Ford said. "Mark my words, friends, this is going to be outright war in the next elec-

tion."

At times it seemed as if violence would erupt in council chambers as a shouting match erupted between Ford and members of the public.

The mayor then appeared to charge a heckler, but instead accidentally steamrolled a female councillor standing in his way, leaving her with a bruised lip.

The incident prompted yet

another apology from Ford, who at one point was seen making drinking and driving gestures directed at a councillor police had warned about impaired driving.

Ultimately, however, as Ford quietly recused himself, council voted overwhelmingly to slash his mayoral budget and hand many of his duties — and his staff — to the deputy mayor. **THE CANADIAN PRESS**



Toronto Mayor Rob Ford sits in the council chamber as councillors look to pass motions to limit his powers on Monday. CHRIS YOUNG/THE CANADIAN PRESS



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Join us Tuesday, November 19 at 7:00 pm in MacDonald Hall in the Heritage Hall Building; program breakout session to follow. Confirm your attendance and program of choice by visiting sait.ca, calling 403.284.8367 or Email construction.info@sait.ca.

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50 Shades of Gross. Traces of drugs, STDs found on library books



KIERON MONKS
Metro World News in London, U.K.

Belgian researchers have discovered traces of drugs and sexually-transmitted diseases in a copy of the popular book 50 Shades of Grey in an Antwerp library. Toxicology professor Jan Tytgat, who ran chemical tests on the library's 10 most-borrowed books, said most of us should not worry.



Why were you doing this test?

We were approached by a TV production house, who were curious to know if there was evidence of micro-organisms or psychotropic substances in public libraries. It made me think, because we know there is cocaine on every U.S. \$100 bill, and even on the surface of rivers, so it could have been a risk on children's books.

So we should stay away from books?

The message is very much that it's still good to go to libraries. There is 100 per cent evidence for cocaine but of no toxicological consequence, and the same for the bacteria — there is no danger.

But why is it there?

Hygiene is one reason; if people don't take care. Also, where books are stored can expose them to contamination.

So this is all totally fine?

I would worry about athletes, as the doping agencies have a zero-tolerance approach, but modern toxicologists can find a needle in a haystack. If you have contact with books, this can leave traces of substance in your system. In the absence of "cut-off" levels that we have in other disciplines, this could ruin careers.

Texas. Students to play game of 'Catch an Illegal Immigrant' on campus

The Young Conservatives of Texas announced Monday they will play a "Catch an Illegal Immigrant Game" this week on the University of Texas at Austin, drawing condemnation from Democrats and stirring passions over an issue that has vexed the border state.

The game is planned for Wednesday when club members will wander the campus wearing signs that say "illegal immigrant." Students who capture them will get \$25 gift certificates.

Gregory Vincent, the university's vice-president for divers-

Quoted

"The YCT is contributing to an environment of exclusion and disrespect among our students, faculty and staff."

Gregory Vincent, vice-president for diversity at the University of Texas at Austin

ity, said students who participate in the game Wednesday would be exercising their freedom of speech "to the detriment of others."

THE ASSOCIATED PRESS

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San Fran Batkid baddie actually a canuck, eh?



MIKE DONACHIE
Metro in London, Ont.

If you're a vicious crime lord and 10,000 people have gathered to boo you, it's got to be a bad day.

But for Mike Jutan, it was the greatest day ever.

On Friday, the London, Ont., native became the Penguin, one of the villains defeated by the unstoppable Batkid in the inspiring story that's been wowing people all over the world.

"I work with Batman," said Jutan, a software engineer in San Francisco. By Batman, he meant Eric Johnson, who played the DC Comics hero to help the Make-A-Wish Foundation grant an incredible wish for five-year-old leukemia survivor Miles Scott.

"I had no idea it was going to be this big," Jutan said. "When I was asked to do it, I thought we would just put on some costumes and romp around a playground for 10

minutes for a little kid."

But as the planning continued, the event got bigger and bigger until Jutan, having kidnapped San Francisco Giants mascot Lou Seal, found himself snarling at a massive crowd from the back of a Bentley.

"We kind of closed down the whole city," Jutan laughed. There he was, standing in full costume as the Penguin, as he and his captive were driven from Union Square to AT&T Park, where the final confrontation took place.

Batkid and Batman arrived in their Lamborghini Batmobiles to take him down.

There was an obstacle course, a smoke bomb, a slide and a defeat for the Penguin in his secret lair.

As for Batkid, he's left a lasting impression on his arch-enemy.

"You could see the fight in his eyes," said Jutan. "What a strong-willed kid. He was amazing."



As part of a Make-A-Wish foundation fulfillment Friday in San Francisco, the Penguin runs from Batman and Batkid.
RAMIN TALAE/GETTY IMAGES

Are we alone? Maven takes off to find out

NASA. Spacecraft due at the red planet by next fall will help scientists answer some existential questions



A rocket with Maven on board in Cape Canaveral, Fla. NASA/THE ASSOCIATED PRESS

NASA's newest robotic explorer, Maven, rocketed toward Mars on Monday on a quest to unravel the ancient mystery of the red planet's radical climate change.

The Maven spacecraft is due at Mars next fall following a journey of more than 700 million kilometres.

Scientists want to know why

Mars went from being warm and wet during its first billion year to cold and dry today. The early Martian atmosphere was

thick enough to hold water and possibly support microbial life. But much of that atmosphere may have been lost to space, eroded by the sun.

Maven set off through a cloudy sky Monday afternoon in its effort to provide answers.

A question underlying all of NASA's Mars missions to date is whether life could have started on what now seems to be a barren world.

"We don't have that answer yet, and that's all part of our quest for trying to answer, 'Are we alone in the universe?' in a much broader sense," said John Grunsfeld, NASA's science mission director.

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You stay classy, Emerson College

It's kind of a big deal that Emerson College is changing the name of its school of communication. The college in Boston will rename the school — for one day only — the Ron Burgundy School of Communication on Dec. 4 to honour the fictitious television anchorman. Actor Will Ferrell, in character, is scheduled to share his path to journalism greatness with students. FRANK MASI/PARAMOUNT PICTURES/THE ASSOCIATED PRESS

Random biz fact of the day

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 12

metronews.ca/temp

West of our lives

Like oilsands through the hourglass...

With Alberta's robust economy, buoyed by its resources, worker shortages have been a problem.

The Alberta Human Resources and Employment report of 2006 predicted a worker shortage of 22,000 in 2012; up to 70,000 by 2018; and 114,000 workers short by 2021.

The field that uses seasonal workers is the one that drives the economy: oil and gas. In 2012 there were nearly 40,000 temporary "camp workers" in Northern Alberta — more than 50 per cent of the entire population around the oilsands.

METRO IN EDMONTON



THE CANADIAN PRESS

Labour pains

Aging pop. means fewer workers

Long-term projections show that the labour supply growth is projected to fall from the current one per cent to 0.4 per cent between 2019 and 2030, recovering modestly to 0.6 per cent between 2031 and 2050.

THE CANADIAN PRESS

Temp Witnesses the Class Divide

Had there not been stab wounds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbour was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danial was a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scram."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm rollerblading in Boston four years ago — go Red Sox! Cost me \$19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

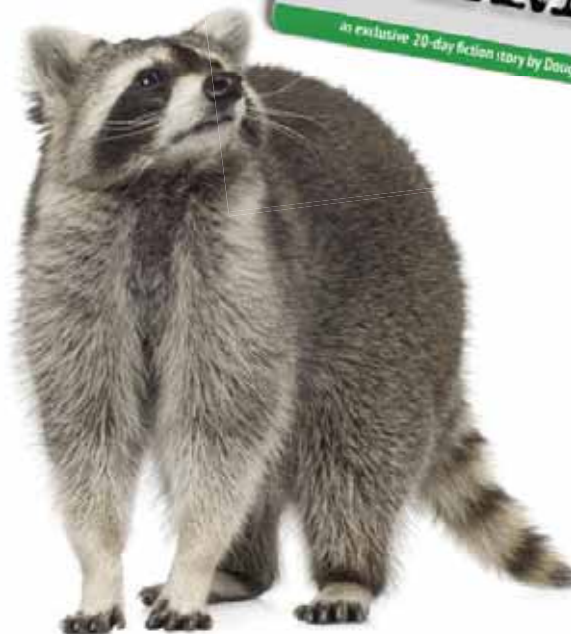
"Sir!" said the intake nurse. "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."



in the sternum."

"Where did this happen?"

"In a bar."

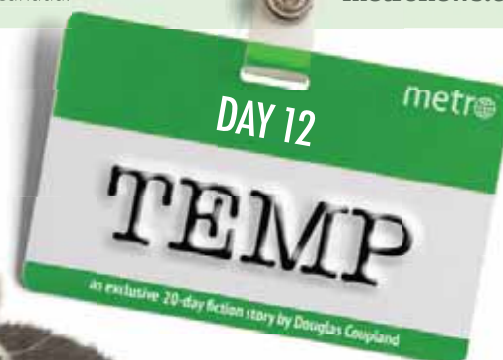
It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street Darren commiserated. "Sorry dude. Take two of mine."



Random biz fact of the day

18 mos.

It's hard being at the top — 40 per cent of executives hired at the senior level are pushed out, fail, or quit within 18 months.

SOURCE: NEXCAREER

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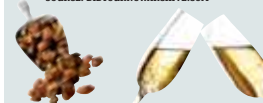
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Random fact of the day

- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

SOURCE: DIDYOUKNOWARCHIVE.COM



Dan grabbed them and chewed them like Mentos. Then he collapsed.

TO BE CONTINUED ...



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TARGET MARKETING MISSES THE MARK

For over a decade, the PR masterminds at Victoria's Secret have been transforming what is essentially an hour-long television commercial into a highly publicized pop culture event complete with social media hashtags and at-home viewing parties.

This year's installment of the annual holiday fashion show doesn't officially air on prime time television until Dec. 10. But the body glitter-encrusted spectacle exploded all over Twitter and Instagram in real-time during last week's taping, which means I've had plenty of time to consider whether or not the latest \$10-million Royal Fantasy Bra is machine washable.

As always, this year's show featured a cast of beautiful supermodels strutting down the runway in six-inch heels and barely-there outfits which only sort of covered their impossibly perfect bodies. And while I know that these ethereal Angels live in a different realm of reality than us mere mortals (I have some suspicions that Candice Swanepoel might actually be a fembot), I'm happy to indulge in a little escapism and take a peek into their world for this



SHE SAYS

Jessica Napier

metronews.ca

yearly event.

Over the course of the night, I watched as bombshell beauties modelled outrageous lingerie adorned with Swarovski crystals, patterned latex and faux fur details. Outfits were topped off with tiny novelty hats, intricate snowflake headpieces and an abundance of iconic feathered wings.

I understand that the runway show is intended for highly conceptual designs rather than the mass marketed thongs you might find in the "5 for \$25" basket at your local mall, but so much of this year's costumery veered away from beautiful fantasy and straight into WTF territory.

I had a particularly big problem with latest

collection from the brand's PINK line, which is geared towards a younger 15-to-22-year-old demographic. The sexed-up outfits were accessorized with large emoticon-faces, graphic text-speak acronyms and plenty of innocent childlike imagery.

The assortment of bizarre ensembles sent a very confusing and unsettling message about youth, sexuality and popu-

lar culture.

Is this a desperate attempt to target the teenage market by jumping aboard the sexting trend? Was there a backroom full of market researchers who decided that people must be fantasizing about incorporating Japanese emoji symbols into their bedroom attire? Far from sexy, these technology-inspired, Technicolor outfits were silly at best and at worst, infantilizing.

I can't be the only person who felt uncomfortable watching adult women prance down a runway in juvenile ensembles that looked as if they had been produced by a group of glue-gun wielding 12-year-olds on an intense sugar high.

The audience tunes in to see something luxurious and glamorous; don't send out hyper-sexualized Punky Brewsters clad in the wackiest wardrobe choices you can come up with and expect me to get on board.

I'm happy to admire a highly implausible, sequined, nude bodysuit modelled on a genetically perfect specimen, but watching a grown woman strut around with balloons shaped like happy faces and ice cream cones tethered to her zebra-print panties is just too much for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Scenic landscape or wavy ocean?



ROB ETZEL/SOLENT NEWS

Photo of colourful sunrise deceives

A panorama of rolling hills looks like gentle ocean waves as the sun rises over the farmland. The only signs of life disturbing this tranquil scenery are the outlines of lonely roads and isolated trees. This amazing image by American photographer Rob Etzel was taken in the Palouse region in Washington. **METRO**

Q & A

Dew creates deep green reflection



ROB ETZEL
Software professional
and photographer,
from Portland, Ore.

How did you capture the oceanic, wave-like feel to the landscape? It was all about

where and when I took the photo. I had to hike up and through soaking wet, waist-high wheat fields to get a perfect vantage point — and do this before 5 a.m. when I took the image. In the morning, the dew and water from the irrigation create a deeper green and almost blue reflection off of the wheat fields.

Rolling hills not rocky water

99%

of the Palouse region (area: 5,000 square kilometres) has been converted from grasslands and savannas to agricultural land. The Palouse region is the most important lentil-growing farmland in the U.S.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

This month has been a very good one for mobile gaming so far, from premium (for the App Store, anyway) epics to free addictions that will demand daily attention. Here's three that have been eating up our time.

Tiny Death Star:

The publisher name says Disney Mobile, but this is a Nimblebit joint through and through. Like Tiny Apartment and Pocket Planes before it, TDS is all about obsessively building an economy from scratch — in this case managing individual floors of the Death Star and the residents and employees who live there. Obsessive being the key word here, at least for a week or so. (iOS, Android/Free)

Oceanhorn:

A Zelda clone that's also among the most graphically beautiful iOS games ever made. Everything you would expect from a Link adventure — dungeons, treasures, special items — is here, save one unfortunate omission: The clever puzzles are replaced with



Oceanhorn protagonist
CONTRIBUTED

repetitive tasks and environmental engagement is lacking. But, it's still a worthy and fun attempt at an epic adventure and as close as you're going to get to a Zelda on mobile. (iOS/\$8.99)

Boom Beach:

Supercell's follow-up to the absurdly profitable Clash of Clans doesn't finagle with the formula. Once again, you're in charge of growing and commanding an army that, depending on your skills as a general, will conquer enemy islands while keeping your own safe and sound. Just as addictive as Clash, but even early on, the strategy seems deeper. (iOS/Free)

Letters

The media and other politicians can save their breath as far as Toronto Mayor Rob Ford's supporters go, it's pretty clear by now that the more 'convincing' is attempted, the more they dig their heels in, in his defence.

There is still the question of what's next, and that is the most important aspect of this issue, and the one that seems to be least considered in all the print spinning around this fiasco.

A single candidate with a vision and a sense of diplomacy, an appreciation of the tremendous polyglot wealth that makes up the Greater Toronto Area, and not ten months from now, but now. If there are two or three strong contenders in a campaign against Ford next fall, he clearly has what he needs to cruise right back in while they posture amongst themselves and their assorted backers, and then each blame the other for siphoning support.

Jeremy Gauthier, Hamilton, Ont.

WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca

DVD review



The World's End

Director. Edgar Wright

Stars. Simon Pegg, Nick Frost, Martin Freeman

.....

The World's End has an alien invasion, nasty robots, apocalyptic visions and riotously over-refreshed pub crawlers. The scariest thing about it, though, is the unspoken "3" in the title. The final chapter of a movie trilogy rarely works, much less argues the case that it's the best of the three. Not to worry. Concluding their whimsical Cornetto Trilogy of horrifying British foibles, which began with Shaun of the Dead in 2004 and continued with Hot Fuzz in 2007, writer/director Edgar Wright and his co-writer/actor Simon Pegg hit the finish line with pens and guns blazing. And whilst skillfully splicing comedy with sci-fi (a lad's reunion pub crawl collides with an alien invasion), The World's End delivers a pleasant jolt: these guys have actually grown up. The genre-savvy Wright and Pegg have reached middle-age, along with actor chum Nick Frost and other troupe regulars, and there's a bittersweet ripeness to their outlook.

PETER HOWELL



Nev Schulman and Max Joseph are the hosts of MTV's Catfish: The TV Series. CONTRIBUTED

Love, lies and online spies

Catfish. Metro sits down with the duo who give online romances a big reality check

MICHELLE CASTILLO
Metro World News in London

Realizing that the person you fell in love with isn't perfect can be devastating. Finding out they aren't who they said they were — on TV — is a whole different beast.

For people who have been "catfished" — the slang term for falling in love with someone's fake online persona — reality can be dream-crushing.

We spoke to Nev Schulman and Max Joseph, co-hosts of MTV's Catfish: The TV Series about why it is so easy for people to get duped online.

The topic hits close to home for Schulman, who was catfished himself and starred in the 2010 documentary Catfish.

Do you think a lot of people found it hard to believe the Catfish movie was real? You hear the same thing about NFL line-backer Manti Te'o or any of these Catfish episodes.

Max: I can understand when the movie came out that people thought it was too crazy to be true, and also the fact that people were filming it every step of the way also seems far-fetched. If you knew the whole story, you knew that those guys — Nev's brother and Henry — film everything so the film actually turned into something.

I think what's most interesting is that after the movie came out — forgetting all the controversy if it's real or not — what was even more stunning

was the amount of emails that Nev and everyone who made the movie started getting about the exact same experience from people who had a "catfish" situation or was in one.

The outpouring of people who identified with these situations was overwhelming, and that's really what gave birth to the show.

Why do you think people can suspend disbelief when they think they have a good thing with a significant other?

Nev: In a lot of cases people who find themselves wrapped up in relationships online are people who are looking for something in their life that they don't have — that might be a career; that could be an experience, that could obviously be a relationship.

Max: We talk a lot about

Bro love

OK, now the real question everyone wants to know. What's up with the bro-ance between you two? Are you kind of surprised that there are conspiracy theories that you two are really together?

- Max and I talk about this a lot. We play with it, and certainly have fun with it. If you really want an answer, obviously the answer is we're both straight. We both have girlfriends.

how mystery is the greatest aphrodisiac. Something we've found out about the show is that when someone only tells you bits and pieces, human nature is to fill in the rest of our own fantasy of who we want the other person to be.

It's very easy to do that online.

2 SCENE




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Losing weight and gaining a movie

True story.

McConaughey lost 47 pounds to play an HIV patient in *Dallas Buyers Club*, a film that almost didn't get made



NED EHRBAR
Metro World News in Hollywood

By the time Matthew McConaughey signed on for the long-in-development *Dallas Buyers Club*, it had become one of those projects many in Hollywood assumed would just never happen. The film, about real-life early HIV patient Ron Woodroof (McConaughey), has had several actors attached over the years without going forward. So what changed with McConaughey? He willed it into production through massive weight-loss.

McConaughey famously dropped 47 pounds for the role, filming at an alarming 137 pounds, and as far as he was concerned once the weight started coming off, the train had left the station. "There were many times as we were approaching, people were going, 'It's not going to happen. How about pushing it to spring?'" McConaughey remembers. "And I was like, 'You're going to make me go through Christmas and four more months of this? You want me to be 110? No!'"

As much attention as his weight loss has gotten — he says he's gained back 40 of the 47 pounds — McConaughey doesn't think it's that big of a deal. "The body's much more resilient than we give it credit for sometimes," he says. "You're reminded of that especially after women give birth. It really can rebound."

In fact, he'd even go so far as to call losing all that

The movie

Directed by Jean-Marc Vallée (*The Young Victoria*, *C.R.A.Z.Y.*), *Dallas Buyers Club* speaks to real life issues.

- In 1986, the AIDS crisis was still a misunderstood horror.
- Woodroof (McConaughey) smuggles unapproved treatments across the border from Mexico to patients neglected by the medical establishment.

weight fun. "Even the hard work is fun. The going down 47 pounds was fun," he says. "It's a singular focus, to have something to grab onto and say, 'Let's see where we get to and what we do.' That's fun." "Dallas Buyers Club"



Matthew McConaughey lost 47 pounds to play the role of HIV patient Ron Woodroof in *Dallas Buyers Club*. CONTRIBUTED

serves as a kind of culmination of a remarkable career renaissance for McConaughey over the past two years, when he returned to film after a brief break with a string of remarkable, off-kilter roles in *Bernie*, *Killer Joe*, *Mud* and *Magic Mike*. As for what sparked the change, McConaughey gives full credit to his wife and two young chil-

dren at home. "This is a really healthy time in my career. I'm enjoying and loving acting more than I ever have," he says. "I've got a really great support system in my family where when Popeye goes to work, they come. And they allow me to put the blinders on. I've got a wife who allows me to not have to look in the rearview mirror. And I'm still

getting time with my family — and if anything I'd say kids sure help the job I do. They sure remind you that we're playing make-believe, so let's make them believe. They sure remind you to be goofy as hell if you want to, which just frees up the instrument so that it's really working, when you're acting you're not really acting."

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Ireland Baldwin

Baldwin's daughter has her father's back

Ireland Baldwin is sticking up for her dad, Alec Baldwin, in the wake of his alleged use of homophobic language during an altercation with a photographer. "For someone who has battled with anger management issues, my dad has grown tremendously. My

dad is far from a homophobe or a racist," the 18-year-old model posted to Twitter. "It takes a lot of strength and support for someone to grow and become a better person. We all say things we don't mean. We all say things we can't take back."

Mouth on the mend with a little help from a friend

Zac Efron is on the road to recovery after breaking his jaw, but it is not an easy one. "I have been at his house every day and I have been making him soup. He has been drinking it through a straw. He has to eat through a straw on a syringe. It's horrible," director Adam

Shankman says of Efron, who had his jaw wired shut following a slip and fall at his L.A. home that resulted in his broken jaw. "He's like my little brother, has been since Hairspray, so I talk to him like a little brother, which means I give him a lot of s—."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The Lady Gaga Q&A

GABRIELA ACOSTA SILVA
Metro World News in Mexico

With Artpop available now, we grabbed a few minutes with the singer to discuss the hype — and the costume changes.

So we're guessing art, pop and culture are influences in your life?

And they blend together. It's like saying that you and me can be together, or me and my fans — we can all be together in one space and live despite differences or colours. Pop and art are not in conflict with culture; they are part of each other. So the intention of the album was to put art culture in pop music, a throwback to Andy Warhol.

Give us three words to describe Artpop.

Hate, love and sensuality.

Reviews have been a bit harsh.

The reviews do not bother me, but the rumours or gossip do. Fame provokes a negative energy that causes instability in me. But I am a woman facing something new every day and, despite constant attacks to me, there is always something good, like my little monsters, who are always there.

The makeovers — are they a disguise? Some type of shield?

Yes, I have many costumes (laughs). That is Lady Gaga. I'm always on the defensive in my professional side. I always wear different clothes and change my outfit to feel stronger. Depending on the day, I am the person I am. If one day I feel weak I will change my hair three times and I will feel like a superwoman. It doesn't matter the colour of hair — it's what makes me feel like a strong woman.



Nick Cannon

Man makes off with serious booty using simple celebrity scheme: TMZ

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Nick Cannon's name, according to TMZ. The thief, who called himself "Michael," reportedly called retailer Fred Segal claiming that Cannon needed some jewels for his wife, Mariah Carey, and asked that

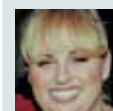
they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man at the hotel who appeared to be a security guard who said he would return with cash for the jewels. Unfortunately, that was the last the Fred Segal employee saw of the man.

Twitter



@ActuallyNPH

Just heard I'm in last place in the People's Choice Awards, behind Michael Chiklis on The Shield.



@RebelWilson

and in further good news today, I found a pair of track pants that are fancy enough to wear outside but still feel like pajamas



@pattonoswalt

This Friday is the 50th anniversary of the deaths of JFK, Aldous Huxley & C.S. Lewis, all of whom died inside an 8 hour span of time.

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Trading twirls for leg lifts



Dig deep and embrace your inner dancer with this new exercise routine. CONTRIBUTED

Trend. Madonna loves it, Taylor Swift and Natalie Portman do it — but what the heck is ballet barre? Metro tries out a class and gives you the lowdown

ROMINA
MCGUINNESS
wellness@metronews.ca

A dancer's body is strong, lean and flexible — we all saw Natalie Portman and Mila Kunis in *Black Swan*. Who wouldn't want that? Luckily, ballet-inspired classes, called ballet barre, are becoming increasingly popular with the fit-but-not-necessarily-coordinated crowd. Although the workout incorporates elements of pilates, yoga and cardio exercises, it's very much about ballet. And don't worry, most of the time you'll be able to clutch the barre for support.

Whether you're in New York, London or L.A., all ballet barre classes will be structured in (more or less) the same way.

At the Barre Toned Studio in London's Notting Hill, Daft



The workout incorporates a number of different styles. CONTRIBUTED

Punk and Pharrell's *Get Lucky* is blasting in the background (some exercises are done on the beat), and instructor Katharina Klaus is getting the class warmed up with a series of leg lifts and bicep curls.

She has her microphone on and will shout at you if your posture is off or you're not lifting your heels high enough — motivating for some, irritating for others. After that, everyone grabs hold of the barre to work the thighs.

"Your thighs are your largest muscle group, so working them uses up a lot of cal-

ories," Klaus tells us.

At this point in the class, you won't be able to ignore the burn in your quads. For us, the pain was excruciating.

"As soon as we're done with one set of exercises, we stretch. You need to do this when the muscle is still warm, as this will elongate it further and increase flexibility," she explains.

The class then moves to the floor, where Klaus makes us do moves such as the pretzel, floor core and round back to simultaneously work our legs, the core and the waist.

"After round back, we go

The ballet barre playlist

- **Get Lucky.** Daft Punk featuring Pharrell
- **Stay.** Rihanna featuring Mikky Ekko
- **Starships.** Nicki Minaj
- **The Other Side.** Jason Derulo
- **Work Hard Play Hard.** Wiz Khalifa

back to our mats and focus on targeting different abdominal muscles, and mainly the rectus abdominis (your six pack) and the obliques," says Klaus.

Finally, the class closes with a yoga prayer.

All that leg lifting and ab crunching will help you become more toned, flexible and, with time, help you lose weight. According to Klaus, you can burn up to 400 calories in one class.

"You're basically chipping away at any excess fat, toning and lengthening your body as you go along," she tells us.

Yes, even you can develop poise, and lightness of step. Watch out Mila.

Best Health

Crazy about these nuts



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November/December issue of *Best Health*, we show how different nuts stack up in terms of calories, fat and excellent health benefits. All nuts are cholesterol-free and contain heart-healthy omega-3 fats, but they have other advantages, too.

Hazelnuts

These are rich in manganese, an antioxidant with anti-aging properties. Also high in mono-unsaturated fat, the same kind that's in olive oil. One hazelnut has 8.5 calories and 0.8 grams of fat.

Peanuts

They are technically legumes, but just seem to belong in the nut bowl. Peanuts have more protein than any other nut. One peanut has six calories and 0.5 g fat.

Almonds

An antioxidant in almonds protects cells and tissues from diseases such as cancer. And a handful of almonds is a filling snack. One has seven calories and 0.6 g fat.

Pistachios

One ounce of pistachios (49 nuts) has as much potassium as an orange; potassium helps with digestive and muscular function. One has 3.5 calories and 0.3 g fat.

Chestnuts

They are high in complex carbohydrates and keep energy levels steady, while maintaining a healthy nervous system. One has 16 calories and almost zero fat.

Walnuts

Walnuts contain alpha-linolenic acid, an omega-3 that helps maintain brain health and reduce inflammation. A walnut half has 15 calories and 1.4 g fat.

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3 TIPS

If you're going to wake up during the night, make sure it's for a good reason.



1 in 2 men over 50 suffers from the symptoms of Benign Prostatic Hyperplasia (BPH or enlarged prostate).

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You are what you eat

Medical advice.

New information on diabetes shows a healthy diet can prevent the disease

VIRGINIA PELLEY

Metro World News

One of the best ways to prevent Type 2 diabetes? Eat like a diabetic.

That advice might sound counter intuitive, but researchers in Germany examining the effects of lifestyle choices on the mortality of people who have diabetes and people who don't concluded that both groups benefited from the same advice for a healthy diet: pack in fresh fruits and vegetables, whole grains and lean meats, and limit your intake of butter, fried foods and sweetened soft drinks.

Although the advice is the same, diabetics have a 62 per cent higher mortality rate than non diabetics, so they will see even greater benefits from maintaining a healthy diet.

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside," says Dr. Bob Cuddihy, head of Diabetes Medical for Sanofi U.S. "Now we don't recommend an absolute prohibition of sweets, but a balanced diet that's realistic and won't make people feel deprived."

The majority of people

with diabetes, a metabolic disorder, have Type 2, which means that the body doesn't use insulin — the means for getting glucose into your cells for energy — properly. This is referred to as insulin resistance; in response, the pancreas starts overproducing insulin to normalize blood glucose (sugar) levels, but over time it won't be able to keep up.

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health," says Abigail Kennedy-Grant, a registered



Maintaining a healthy diet can help those with Type 2 diabetes. ISTOCK PHOTOS

What's the difference?

We often hear about the dangers of Type 2 diabetes. But what's there to know about Type 1 diabetes?

- **Quote.** "Type 1 is an autoimmune disease. Antibodies attack the pancreas, and it gets knocked out and can't produce insulin," explains Dr. Jerome Tolbert, the medical director for outreach at

Beth Israel Medical Center's Gerald J. Friedman Diabetes Institute. "People with Type 1 diabetes have to take insulin to live. It's a lifelong thing they have to do every day."

- **Other.** Type 2 diabetes, on the other hand, occurs when the body resists insulin, often as a result of poor lifestyle habits.

dietitian at the Diabetes Center of Mount Sinai Hospital in New York City.

Although one of the risk factors for Type 2 diabetes is age — you're at greater risk after the age of 40 — the in-

cidence of Type 2 diabetes in young people is rising at an alarming rate.

Other risk factors are obesity, family history, a sedentary lifestyle and your race and ethnicity.

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Make the quintessential fall side dish the star of the show

Too often, squash is cut into chunks, then either seasoned and roasted or steamed and mashed. And while both approaches can be delicious, they get tedious year after year. They also don't do the squash justice.

To reinvent the typical squash dishes, here is something with a bit of backbone — Something that stands out and doesn't resemble every other, or any other, dish on the autumn table.

A simple, savoury squash tart is the answer. Not only is it easy to make, it can be prepared ahead of dinner, then briefly reheated just before serving.

1. Heat the oven to 350 F.

2. Unroll the pie crust and set it over a 9-inch tart pan with removable bottom. Gently press the crust into the pan and up the sides. Using your fingers, crimp and remove any excess dough. Refrigerate the crust.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Fill a medium saucepan with 2 inches of water, then fit it with a steamer basket. Set the squash in the steamer basket, then bring the water

to a boil. Cover and steam the squash until very tender, about 15 minutes.

4. Transfer the squash to a

Ingredients

- 9-inch prepared (rolled) pie crust
- 1 3/4 lbs peeled and cubed (about 1/2-inch cubes) butternut squash
- 3 eggs
- 1/4 cup grated Parmesan cheese
- 2 tbsp brown sugar
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp ground black pepper

blender or food processor. Process or blend until mostly smooth. Add the eggs, cheese, brown sugar, thyme, salt and pepper, then process again until very smooth.

5. Remove the crust from the refrigerator and set it on a rimmed baking sheet. Carefully pour the squash mixture into the crust, then bake for 25 minutes, or until set at the centre. Cool slightly before cutting into slices. **THE ASSOCIATED PRESS**

Health Solutions

Elk vs. deer in the kitchen



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

I had to call my butcher buddy Sam Gundy, co-owner of Olliffe Butcher at Yonge and Summerhill in Toronto, to discover the difference between elk and deer meat.

They are, indeed, different breeds but are culinarily and nutritionally similar.

• Both are farmed and mostly grass fed.

• Elk is more widely available in pepperette and burger form.

• Both are much more lean than beef.

• Each is equally tender.

First timers would be well advised to purchase a cut other than the precious tenderloin and stew it with

hearty flavours like mushrooms and red wine. Work your way up to a tenderloin or rib roast.

Generally, leaner cuts fare better with a low and slow method without salt. Salt can draw moisture from the meat, so salting after it is cooked or using a sauce containing salt will steer you in the right direction.

Get it? Steer?! Oh, wait, that's a cow.

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Allyson

"Giving. I love the warm feeling I get when I give to others."
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FLEXIBILITY AND CHOICE ARE YOURS

THE RBC VISA INFINITE AVION LOYALTY CARD

There's nothing more frustrating than having travel plans go awry because your particular points card limits you to certain airlines.

A recent survey by Rewards Canada ranked the RBC Visa Infinite Avion card as the top travel rewards card in the hybrid credit/charge card (with annual fee) category — and airline choice is one of the benefits that RBC Avioners enjoy.

"These survey results come at a time when people are looking for guidance on choosing the right card," says Patrick Sojka at RewardsCanada.ca.

Here are the card benefits that make the difference:

- 1** You choose the airline. Cardholders can choose to redeem points and fly with any one of more than 130 airlines.
- 2** Fly when you want to. Using this card, you can buy any seat on any
- 3** You decide the travel-related expense for which you use your points. Cardholders decide what they use points to pay for — that can be the tickets, airline taxes, hotels, cars, vacation packages, etc.
- 4** It's accommodating. Avioners can use their points to book rooms at more than 50,000 hotel properties around the world.
- 5** Free insurance. The RBC Infinite Avion card comes with premium insurance protection including trip cancellation and trip interruption when using your



GPOINTSTUDIO/SHUTTERSTOCK

card to purchase travel, merchandise, hotels and vehicle rentals. That equates to peace of mind for cardholders.

6 It's simple. MLM and Maritz Research Canada's 2013 Loyalty Report showed the card is tops in ease of tracking points, enrolment, understanding the program process, and program website. For example, you simply earn one RBC Rewards point for every \$1 you charge to the card.

7 Cardholders love it. The report also showed the RBC Visa Infinite Avion was No. 1 in overall satisfaction.

8 Flexibility with points. Cardholders can convert rewards points to other popular loyalty programs such as WestJet dollars, take advantage of points accelerators like 25 per cent more on travel-related purchases, or redeem points for non-travel rewards such as merchandise or RBC Financial Rewards vouchers.

9 Sign-up bonus. New cardholders receive a sign-up bonus of 15,000 points.

For more, visit rbc.com/avion.



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WESTJET RBC WORLD ELITE MASTERCARD

Looking for a travel rewards card?

The WestJet RBC World Elite MasterCard has come out on top in two consumer reviews.

MoneySense's top travel reward cards for 2013 is a review and ranking of more than 200 credit cards based on sign-up bonuses, fees, and other perks specific to the travel category. The WestJet RBC World Elite MasterCard was rated No. 1.

The card was also voted the top airline credit card by the Canadian public on RewardsCanada.ca, a popular online resource for travel rewards.

Top features of the card include a welcome bonus of \$250 WestJet dollars for new cardholders. Also, cardholders get an annual round-trip companion flight in Canada and the continental U.S. (excluding Hawaii and Puerto Rico) for \$99 (plus taxes, fees and charges).

"Our top rankings are a testament to the hard work WestJet and RBC have done to provide Canadians with a travel rewards card that is easy and simple to use ... to both earn and redeem WestJet dollars," says Prashant Sharma, vice-president, retail credit cards at RBC. "It's all about transparency, convenience and value, no matter where, when, or how you want to travel with WestJet."

For every purchase they make,

FEATURES

WestJet RBC World Elite MasterCard features:

- Welcome bonus of \$250 WestJet dollars.
- Annual \$99 round-trip companion flight (plus taxes, fees and charges) to any WestJet destination in Canada or the continental U.S. (excluding Hawaii and Puerto Rico).
- Comprehensive insurance coverage (travel, auto rental, medical and burglary).
- \$1 WestJet dollar equals \$1 CAD when redeemed for travel with WestJet or WestJet Vacations.
- Redeem WestJet dollars for more than 85 WestJet destinations in Canada, the U.S., Mexico or the Caribbean.
- No travel restrictions.
- Earn 1.5 per cent in WestJet dollars for every \$1 spent on the card (two per cent for every \$1 spent on the card for WestJet flights or vacation packages).

cardholders earn WestJet dollars, which can be redeemed for any amount, to anywhere WestJet flies, at any time.

One way to build your WestJet dollars faster is to consolidate your spending on the card. Also, using the credit card for small daily transactions such as coffee, groceries and gas adds up.

At the same time, Sharma recommends that cardholders pay off their monthly balance to maintain good financial health.



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Taking care of business — part time

Temporary often becomes full time.

Temps can be an important asset. Here are 5 ways to make them feel at home

MIKE
DOJC
life@metronews.ca

Here today, gone tomorrow temps don't always get the same introductory fuss as permanent employees. Companies that don't put enough effort in welcoming temporary workers into the fold may not only be losing productivity but also missing out on a valuable future hire.

Onboarding icebreakers

For temps to be effective they need to be just as much a part of the team as everybody else. "It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together," explains Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group. "A temporary employee is filling a need. That might be for a couple of weeks or that might be for three months. Often times we actually convert temporary employees into permanent employees," explains Roger.



It's your temp's first day. How are you going to welcome and integrate him or her into the office? ISTOCK

Never skimp on orientation

"Temporary professionals can contribute a lot more, more quickly, if they have a clear understanding of what is expected from them," weighs in Nicole Parrotta, branch manager at Robert Half's Calgary office. Be sure to give the lay of the land and offer clear direction on the project, the deadlines, and the frequency of required follow-ups. Taking the time

to properly set expectations will pay long-term dividends for the company.

Encouragement goes a long way

Whether it's genuine praise for a job well done or constructive criticism to get them back on track, temps typically are putting their best foot forward and want to know if they're performing up to snuff. Plus, providing feedback is a developmental opportunity. "It's about staying in touch with the person. Give them positive feedback and positive reinforcement. But also be able to answer questions," says Parrotta.

Buddy up

Assign a temp to an office buddy who thoroughly understands the scope of the work they will be doing. The bud can also act as their point of contact and help them navigate their work environment, especially useful in a large office. "It's a small price to pay to make sure they're set up for success even if they are a temporary employee because it could be very temporary that they're temporary," explains Roger.

Long-term conversion potential

Many temps do what they do because they are trying to get their foot in the door and gain an understanding of corporate culture at various companies. The biggest reason many temp is that if you do a great job and play your cards right, there's always the potential it could lead to something more. "If I have a really great temporary resource that comes and joins my team and unfortunately I don't have anything else for them, I would actually encourage them to network and I would open doors for them," says Roger.



Charlie Shrem built his fortune on a small loan from his mother. COURTESY CHARLIE SHREM

Meet Charlie Shrem, a Bitcoin millionaire at 23

Early investor. The CEO of top exchange forum BitInstant is determined to improve the digital currency's image



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The constant attention is getting to Charlie Shrem. "I'm having dinner with my family and people come up to me and say, 'You're the Bitcoin guy.' I get a lot of free drinks but it's annoying, I never talk about anything else."

Shrem doesn't need free drinks. At 23, he is among the handful of Bitcoin millionaires who bought up the digital currency in its early stages, when units were below \$10 US and the circulation was tiny. As bitcoins shot up to over \$200 US each, he became CEO of premier exchange forum BitInstant, and vice chairman of the Bitcoin Foundation, his vehicle for domination.

"It's the largest socio-economic change since democracy," Shrem tells Metro, talking by phone from his offices in

New York. "We are in a digital age and the only thing that is not digital is money, so every cash exchange requires you to trust a middleman company and pay high transfer fees. With Bitcoin it's instant and the transfer fee is under one per cent."

But how to take it out of its tech ghetto into everyday life? "When normal people realize the advantages they will be attracted. And it's not niche anymore — millions of people around the world are using it, and the people that are not using it have heard of it," says Shrem.

It's a long way from 2011, when Shrem, a finance graduate from City University of New York-Brooklyn College, bounced from rejection to rejection in his efforts to launch the company with his partner, the Welsh software developer and Asperger syndrome sufferer Gareth Nelson.

Shrem met Nelson on a forum — and they have still not met in person. Eventually a \$10,000 US loan from Shrem's mother, and an investment from so-called Bitcoin Jesus, Roger Ver, got BitInstant on its feet.

"It was about surviving to

Bitcoin basics

- A bitcoin is not issued by a national government's central bank, but created by a computer program, which uses a complex cryptographic algorithm to prevent people from fabricating their own counterfeit coins.
- Anyone with an Internet connection can trade bitcoins, making it a free alternative to PayPal or credit cards for online purchases.
- Because there are a fixed number of bitcoins in existence, their value fluctuates as they are bought and sold on open exchanges, similar to a commodity such as gold.

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the next day, never sleeping," Shrem says of the beginning. "There is a strong community culture with Bitcoin as there is not much consumer protection — it's difficult to win trust and easy to lose it. You live on your reputation."

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Embracing the \$200,000 baby

Young breadwinners.
Is the next web sensation in your house right now? Here's how to manage the potential pitfalls



MICHELLE CASTILLO
Metro World News

When David DeVore uploaded a video of his son acting loopy after a visit to the dentist, he never imagined that it would become one of the most popular YouTube videos of all time. In fact, he only meant to share it privately with his family, but didn't configure the privacy settings.

"I had no idea what was going to happen," he says. "It was just more of a convenience thing." Then boom. After going viral, the video has nearly 120 million views, netting the family more than \$100,000 US in ad revenue. DeVore quit his job as a real estate agent and is now a full-time parent and manager of the David After



Mobile app millionaire Nick D'Aloisio, age 17. GETTY IMAGES

Dentist blog.

DeVore got lucky — like the dad behind Charlie Bit My Finger, which has netted that family close to \$200,000 US. Predicting what will be a hit is tricky, however, and raises the ugly question of whether you're exploiting your child. Here are a few rules to live by:

Don't be obviously fake

The woman who covered the house in flour, pretending the children did it, netted 4 million views — and a ton of backlash that resulted in a non-starter.



Charlie Bit My Finger has earned close to \$200,000 US. YOUTUBE

Encourage your kids to get behind the camera

Nick D'Aloisio of London was nine when he cut his first film. He learned to program at 11. At 15, his news app, Summly, was funded by venture capitalists, and later sold to Yahoo! for \$30 million US.

But still treat them like kids

D'Aloisio still relies on an allowance from his parents.

Be mindful of exploitation

Would you like someone putting up a video of you pooping



A YouTube video of David DeVore Jr.'s reaction to anesthesia after a visit to the dentist has earned his family more than \$100,000 US in ad revenue. GETTY IMAGES

your pants, or singing about R2D2? "(David) seems to have really embraced his fame," says Katie Elson Anderson, author of the study Configuring Childhood on the Web. "But when he's 20 or 30 looking for a job, how is his fame going to impact

him then? We still don't know," she says.

DeVore says he doesn't force his son to get in front of the camera. "There's temptation there to cram the channel with a lot of different videos, but I would feel uneasy about it."

For the record, DeVore still posts videos of David, but only at his son's request. "To me, it's just a natural evolution of it," he says. "As YouTube goes more and more mainstream, I have no problem with it as long as the kid is enjoying it."



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ST. MARY'S PREPARES BODY, MIND, SPIRIT

Aside from teaching students how to teach others, the bachelor of education (BEd) program at St. Mary's University College teaches students about a sense of community.

From the start of the program, students will enter as a cohort, who learn and grow together in support of each other, while earning their BEd.

"St. Mary's prepares the body, mind and spirit," says Dr. Linda Dudar, dean of education, St. Mary's University College. "St. Mary's University's students will acquire the academic, personal, social and spiritual development of the noble profession of teaching."

The BEd is a full-time, two-year after-degree program and is the only program in Canada that prepares students to teach in both Catholic and public schools.

This program prepares teachers to teach at primary and elementary levels in Alberta schools.

What makes this program sought after

FIRST DEGREE

Applicants for the BEd program must have completed a first degree in arts, science or an equivalent program from a post-secondary institution accredited by Alberta Advanced Education and Technology.

is that it offers the most practicum hours for students in all the programs in Alberta. This means students will be better prepared to tackle a real classroom setting than students from other BEd programs.

"St. Mary's education program is designed to achieve the 'something more' of Catholic education — a belief that education extends beyond the transmission of knowledge and the development of various skills," Dudar says.

St. Mary's University College will plan, deliver and carefully supervise all



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of the practicum courses in close cooperation with various school districts in southern Alberta and beyond.

These school districts are eager to provide meaningful practicum placements for students enrolled in the BEd degree program.

Applications are being accepted for the

September 2014 intake. Applicants are initially evaluated in four areas — academic records, life experiences and community involvement, letters of reference, and a type-written essay.

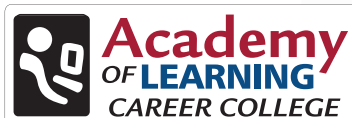
To learn more about the bachelor of education at St. Mary's or to apply, please visit stmu.ca/teach.

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ACQUIRE NEW SKILLS

THE COLUMBIA LEARNING SOCIETY

Making education accessible to those who really want it is the idea behind The Columbia Learning Society.

This non-profit society has been active since September 2002, with more than 3,600 adults and children having utilized bursaries to attend classes, workshops or tutoring sessions at The Columbia Learning Society.

"Workshops are taught by professionals and provide participants with an opportunity to learn various new skills," says Caroline Edworthy, vice-president, The Columbia Learning Society.

Workshops are provided at no cost and cover a variety of topics, such as computer applications training, communication skills, study skills, as well as others.

The Columbia Learning Society is running one computer-based and one



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classroom-based workshop each Saturday (except holiday weekends). The workshop topics include Excel, PowerPoint, online calendaring, conflict resolution, interview skills, idioms, etc. The workshops are open to anyone older than 18 who have an English language level benchmark 5.

Workshops run from September to the end of May, with free workshops from 10 a.m. until noon each Saturday (except holiday weekends).

To register for one of these free workshops, or for more information, email cls@columbia.ab.ca. More information can also be found at columbia.ab.ca, and click on "free learning" to see what workshops are coming up.

GET A DIPLOMA QUICKLY WITH THE ACADEMY OF LEARNING

With the Alberta government's recent announcement of its plan to grow the province's tourism industry by 32 per cent in the next six years, tourism jobs are on the rise.

The goal to turn this \$7.8-billion industry into a \$10.3-billion industry by 2020 will mean an increased investment into Alberta's economy and job creation throughout the province.

There is no need to wait until next year to begin training for a career in this growing and in-demand industry since the hotel and tourism management diploma at Academy of Learning Career College is a continuous-enrolment diploma program available at all Alberta campuses.

Students can earn a diploma in less than a year and be ready to enter the workforce in the exciting world of tourism.

This program is internationally recognized because of its alignment with the American Hotel and Lodging Association curriculum, as well as Academy of Learning courses students can't get anywhere else.



LIGHTPOET/SHUTTERSTOCK

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers.

For more information, please visit academyoflearning.ab.ca.

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PRESSMASTER/COLOURBOX

CAREER LAUNCH PROGRAM PROVIDES GRADUATES WITH HANDS-ON CAREER EXPERIENCE

With almost three-quarters (73 per cent) of recent post-secondary graduates surveyed saying a lack of experience is a barrier to securing their first job, RBC

announced the RBC Career Launch Program, a multi-year investment in providing recent college and university graduates with career experience to help strengthen their future employability.

The RBC Career Launch Program — a one-year internship for recent college and university graduates ages 24 and younger — combines formal learning, mentorship and professional networking opportunities with practical hands-on

business and community experience that will equip participants with the necessary ingredients to help them build their resumé and launch their career.

“Starting your career with a degree or diploma in hand, but without experience, is like trying to unlock a door with a key that doesn’t fit,” says Zabeen Hirji, chief human resources officer, RBC. “This program is designed to equip youth with the critical workplace skills and practical hands-on experience employers are looking for. In addition, it fosters the growth and guidance they need through learning, mentorship and networking that prepares them for this new stage of life.”

The national survey of recent college and university graduates, commissioned

by RBC and conducted by Ipsos Reid, revealed that among those who graduated within the last year, 40 per cent are still looking for a job.

In addition, almost half (44 per cent) of youth who graduated in the past five years who have found jobs do not consider the jobs to be a career. This reinforces the importance of providing recent graduates with opportunities to gain the skills and experience needed to bridge the gap between school and career-life. The survey also found that nearly half (48 per cent) of recent Canadian graduates say applicable job experience helped them start their career.

For more information, please visit rbc.com/careerlaunch.



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ABM COLLEGE PROVIDES VALUABLE SKILLS

The learning curve of a student is an effective method of evaluating the teaching styles and program details over the course of a term.

ABM College students are led by qualified industry professionals who give them the tools needed to apply skills to the classroom and the workplace.

ABM College uses a rate-of-error as well as an assistance required learning curve evaluation in order to determine

the progression of student development. By evaluating students through these methods instructors and staff are able to determine the needs of students more accurately and tend to these needs more effectively.

An ideal learning curve for a program at ABM College would start at a higher rate and continue on a downward slope. This would indicate that when students enter a program, they have a higher rate of error when solving a problem and

have an increased demand for assistance.

As the program progresses the rate of error would decrease, along with the need for assistance with course material.

Therefore, decreasing student demand for assistance indicates that they are confident and capable in their abilities to perform tasks and solve problems independently and are, thus, ready to enter the workforce.

For more, visit abmcollege.com.



MICHAELJUNG/SHUTTERSTOCK

LEARNING CURVE

METRO CUSTOM PUBLISHING



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MH VICARS HOLDS STUDENTS TO HIGH STANDARDS

When change comes, MH Vicars School of Massage Therapy believes it's better to be ahead of the curve.

Alberta massage therapy schools have a few years in which to meet new national curriculum standards, but MH Vicars School is already there.

Even before the new curriculum targets were announced, MH Vicars students were trained to some of the highest standards in the country. And the school's president believes her school will be

among the first in Alberta to teach the full national curriculum.

The national curriculum was introduced as part of a push by the federal and provincial governments to remove barriers that keep professionals from relocating between provinces. Massage therapy is only regulated in Ontario, B.C., and Newfoundland. Alberta therapists can't legally work in these provinces because without a national training standard, boards in those provinces have no way to

know how well they have been trained.

MH Vicars School has campuses in Edmonton and Calgary. It's a favourite for mature students because much of the work is done off-campus, allowing students to continue to work while getting ready for their new career. The next monthly classes begin in January for graduation in June 2015. Call Rachel at 1-866-491-0574 or email info@mhvicars-school.com for your free career information package, or to book a school tour.



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Business Administration • Accounting & Payroll**

TURN YOUR MUSICAL PASSION INTO A CAREER

Turning a passion into a profession is the goal of the Ambrose University College music program.

“Music is a great field of study because it allows students to use their love of and talents in music for a career and to earn a living,” says Dr. Don Quantz, professor of music and music program chair, Ambrose University College.

The Ambrose music program prepares students for careers as private or school

teachers, or go on to graduate studies.

Ambrose offers two programs — the bachelor of arts: Music degree, or the bachelor of music degree.

In either degree, students can take lessons on any orchestral instrument, classical guitar, any jazz instrument, voice and piano.

“While our degrees are not performance-focused degrees, students achieve a high standard of ability on their instru-

ments,” Quantz says.

Ambrose also has the following musical events coming up.

The Christmas concert will be held Nov. 30 at 7:30 p.m. at Ambrose, while Jazzday is scheduled for Feb. 8, 2014.

Jazzday will bring the highest level of jazz instructors from Calgary for individual clinics. The event is open to Calgary musicians and registration is available online.

For more, visit ambrose.edu.



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COLOURBOX

HOW TO FIND THE RIGHT BALANCE

For those students who are trying to find the right balance between school and work, here are some tips that may help so you can earn a degree as well as a living.

Be organized. Find the method that is right for you. Write everything down in a planner, keep files and schoolwork together in an organized manner, which will help you to remember where everything is placed, put reminders in your phone for the tests, deadlines, and work schedule.

Manage stress. One way to manage stress is to focus on one thing at a time instead of trying to do everything at once. By giving yourself one target goal at a time, it makes it seem less scary and, thus, easier to accomplish. Another way to help with stress is to eat right and exercise daily.

Talk with your professors and employers. Your professors may not understand your work schedule and your employer may not realize how much schoolwork you have. By communicating with these people and explaining to them what is going on in your life, it may help them to achieve an understanding of your hectic schedule.

Don't try to do everything by yourself. One helpful way to balance school and work is to develop some sort of support system. This may include family members, friends, mentors, and classmates. By having a support system, it allows you to talk about things that shouldn't be pent up inside, as well as help alleviate the stresses both school and work can bring on.

THEORETICAL, PRACTICAL BALANCE

Mount Royal University interior decorating extension certificate students will now be able to walk away from the program with credentials that are accredited by the Canadian Decorators' Association (CDECA).

This industry-recognized credential has the possibility to open up more doors for students.

"I really love this program, it is a wonderful balance of the theoretical and the practical," says Donna Diamant, interior designer, and instructor in the interior decorating program through continuing education at MRU. "In my opinion, the practical elements may be how we best prepare our students for future careers."

The first course is designed to give students a condensed version of the world of interior decorating. Within weeks they are drafting scaled floor plans and elevations, devising colour schemes, and bring their design concepts to fruition.

"We then offer a series of courses that specifically target



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some of the more critical elements of decorating a space — what materials to use on what surfaces, how colour and light interact, specifics about the creation of window treatments and soft furnishings, the history of interior decoration and how it is translated today, and so on," Diamant says. "We teach our students to be up-to-date, organized, inspired, and ethical because they know that their job is to represent their clients and that their ultimate goal is to meet their clients' needs

in the most creative way possible."

The final course pulls all of the previous courses together and then students are ready to enter the workforce to pursue a number of different decorating opportunities.

Diamant says graduates have gone on to pursue work in retail, in-store merchandising, stage and set design, part-time or full-time decorators, and freelance decorators.

For more information, visit conted.mtroyal.ca/interiordecor.



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INFO NIGHT, NOV. 26, 5-8 PM

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SAIT STUDENTS GET COMPETITIVE EDGE

SAIT Polytechnic's bold strategy to focus on applied research is giving SAIT students a competitive advantage.

Since the department of applied research and innovation services (ARIS) was created 10 years ago, SAIT has become a meeting ground for industry, students and faculty, giving students the unique opportunity to work on industry-driven, market-focused research projects.

"Working on an applied research project is in some ways like a job interview," says Dr. Alex Zahavich, director of ARIS. "Our students often continue working with the industry partner on the applied research initiative after graduation."

SAIT was recently named Canada's top research college and students like Ashley Kieran, a computer systems graduate, know why. The green home monitoring project she worked on be-

came more than a school project.

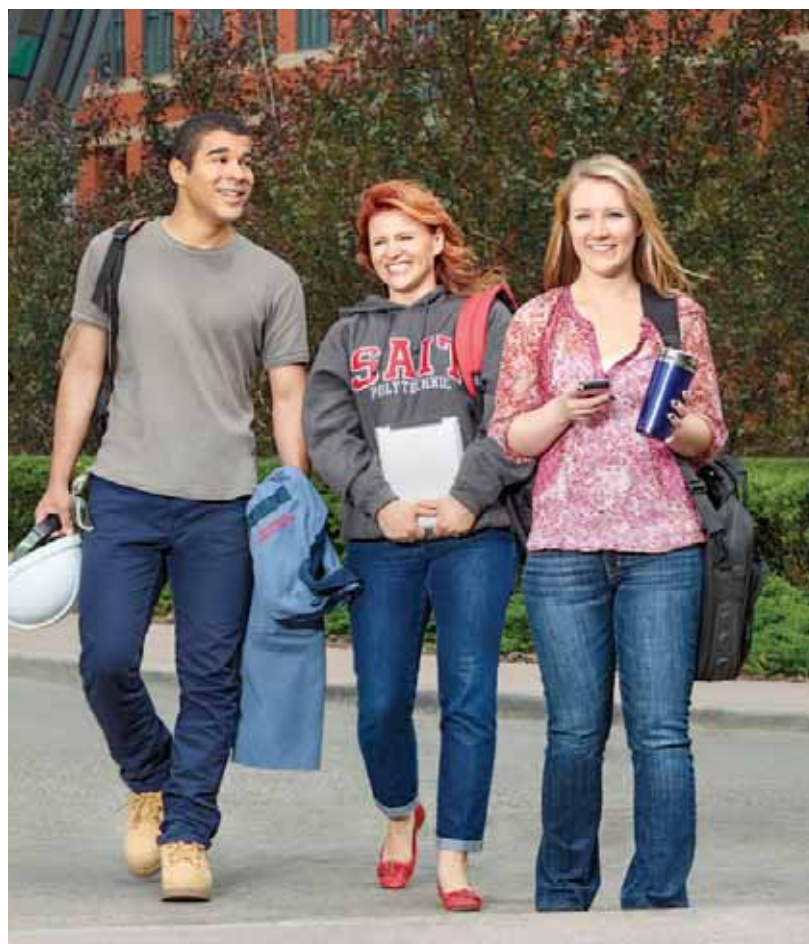
"They really give you the chance to do something real, to do something applicable, and there's nothing better than the feeling of saying, 'My project right now is in someone's home,'" Kieran says.

SAIT mechanical engineering technology students collaborate with the Tom Baker Cancer Centre on designs such as a medical chair that allows brain cancer patients wearing a "halo" device to sit comfortably in between treatments.

"Bridging that gap between design and actually manufacturing products was huge," says student Darren Fry, who helped design the chair.

"We could see the whole spectrum from design, to building the product to making modifications. It was awesome."

In the past five years, close to 200 industry-driven, applied research projects have resulted in more than 250 prototypes.



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GROWING PROGRAMS OF STUDY

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TEACHERS WHO CARE



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LEARN HOW TO RESOLVE CONFLICTS

No one likes conflict, whether it's at home or in the workplace.

Conflict can cost organizations money or even damage relationships.

The conflict resolution programs, through continuing education at Mount Royal University, teach students to manage conflict effectively and constructively.

"Students are always pleasantly surprised when the skills they learned in the classroom can be applied in both a professional setting, and at home when dealing with their children or spouses," says Dimitra Fotopoulos, program co-ordinator. "The skills are relevant and can be applied into practice immediately."

The conflict resolution program is a 220-hour certificate that teaches students about mediation and negotiation techniques.

"Mediation skills are so important for anyone working with people to have," Fotopoulos says. "They allow you to apply your skills and assist in conflict situations before they may escalate, saving time and money."



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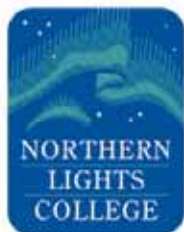
All the instructors have practical experience, and most courses have conflict resolution coaches who support the instructor, which allows for students to have immediate feedback and support from trained professionals.

"Successful completion of the program will enhance a student's tool kit and provide them with skills they can apply in any conflict situation both professional or personal,"

Fotopoulos says. "The great benefit is that they will learn techniques that they can apply immediately in the workplace or at home to become better communicators and listeners."

Courses are primarily available at the MRU campus, but some courses are also available online and in a blended format.

For more about the MRU conflict resolution programs, visit conted.mtroyal.ca/conflict.



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INFO NIGHT, NOV. 26, 5-8 PM

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U OF L OFFERS FLEXIBILITY

Since opening the Calgary campus in 1996, the University of Lethbridge has grown to almost 800 management students and is now offering a variety of majors.

“When we started, we felt that there might be a niche for a management degree program that catered primarily to working professionals,” says Lorne Williams, assistant dean of northern campuses, University of Lethbridge. “We were right.”

The Calgary campus exclusively offers bachelor of management degrees in accounting, finance, general management, human resource management and labour relations, and marketing.

In addition, the Calgary campus offers four minors in social responsibility, supply chain management, international management, and the recently added new media.

The Calgary campus is conveniently located at the City Hall LRT platform, hosted by Bow Valley College, and is perfect for working professionals who want to advance their careers without giving up their day job.

“Our weekend and evening delivery times allows students to take advantage of an in-classroom experience while maintaining their careers during normal business hours,” says Dana Corbin, manager, Calgary campus, University



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of Lethbridge. “This flexibility is truly the key to the Calgary campus’s success.”

For those professionals looking to add an accounting designation to their resumé, the U of L bridging program allows students to add to whatever degree experience they already have, taking the courses they need to qualify for an

accounting career.

The University of Lethbridge as a whole has plenty of laddering opportunities for students who have certificates, diplomas and degrees.

The articulation agreements that the U of L maintains allow students to transfer their post-secondary credits from other colleges and universities.

INFO EVENING

Choosing a university that is right for you is a big decision.

On Nov. 19 in Edmonton, or Nov. 20 in Calgary, stop in for the University of Lethbridge information evenings to discover all the programs and opportunities available to you at its three campuses.

You can speak one-on-one with the staff and get the answers you need to make an informed choice. Learn more about programs and admission, to student life at the U of L, Alberta’s “destination university.”

Whether you are in high school, or a transfer, mature or international student, the U of L looks forward to meeting you at the information evening.

The Edmonton information evening will be held Nov. 19 from 6:30-9 p.m. at the Delta Edmonton South Hotel and Conference Centre (Gateway Boulevard).

The Calgary information evening will be held Nov. 20 from 6:30-9 p.m. at the Carriage House Inn (Macleod Trail).

Students that are admitted to the Calgary campus can seamlessly transfer to the Edmonton and Lethbridge campuses as well, offering flexibility for students who may move to another city.

For more information about the U of L in Calgary, visit uleth.ca/calgary/.

HANDS-ON EXPERIENCE WITH INVESTMENT FUNDS

Until real money is invested and a real risk is taken, it is hard to learn the real-world application of investing.

Students learn the value of a dollar while learning about finance through the University of Lethbridge Calgary campus student managed investment fund (SMIF).

“The U of L student managed investment fund provides a great opportunity for students to invest real money in the real market and get hands-on experience of stock analysis and portfolio management,” says Pei Shao, PhD, CFA, assistant professor of finance, University of Lethbridge.

The SMIF is available to all undergraduate students who have taken the required prerequisite courses, includ-

ing corporate finance, investments, and statistics.

Students who have applied for the SMIF in the past were working on finance, accounting, economics, marketing/finance, and accounting/finance degrees.

“Through participating in SMIF, students not only practise using a variety of valuation models to estimate stock price, writing financial analyst reports, monitoring portfolio risk, evaluating portfolio performance, and implementing various risk management strategies, but also obtain opportunity to interact with the SMIF advisory board that consists of industry professionals and receive timely feedback from them,” Shao says.

The SMIF fills this gap for university students who are interested in working in



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the investment-related field.

“The U of L SMIF is still in its infancy stage and currently has a relatively small capital base — about \$150,000,” Shao says.

“To be able to engage more students and better meet students’ needs for real-world experience, we strive to expand our fund through student’s prudent investment

to generate capital growth and through our continuous fund raising efforts.”

University of Lethbridge SMIF finance graduates have been able to secure great jobs. SMIF students have also been able to beat the market with their stock selection since the inception of the fund.

For more information about the SMIF, visit uleth.ca/management.smif.

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EXPERIENCE CAREER-FOCUSED LEARNING

Many students struggle with obtaining new information when it comes to post-secondary education. And it can also be difficult for many adults to overcome the plateau of the learning curve.

This can be stressful and overwhelming for mature learners to return to the education world of today.

That is why ABM College offers a different approach to learning, focusing on demand in the market and workforce standards.

ABM College students are encouraged to visualize their success and turn it into reality by receiving the right skills and lead themselves into a new career with confidence and self-assurance.

ABM College of Health and Technology allows students to experience a career-focused approach to the learning process.

The college offers flexible class schedules that will accommodate any work schedule, while smaller class sizes increase the rate of success, and one-on-one, hands-on training gives students a better opportunity to succeed in their chosen career path.

ABM College adapts to each individual's needs, providing a satisfying educational experience. The classes are structured to be more condensed and career-focused to ensure all students receive high-quality learning, helping them transition easily into the workplace.



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The Digital School Technical Design College computer-aided drafter certificate trains students to produce and communicate graphical data in the form of computer-generated drawings for use by others.

Graduates can be found working in

architectural offices, engineering firms and other related industries as part of the design team.

Digital School computer-aided design (CAD) courses include CAD technician diploma, and engineering CAD technician diploma with process piping specialization and are completed in less than a year.

Applications are being accepted for the Jan. 3, 2014, intake.

Digital School also offers the CAD certificate as a part-time, online option that can be started at almost any time from almost any location.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.



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4 Sports

Horoscopes

Aries

March 21 - April 20

You have higher standards than most but no one expects you to be perfect, so try not to expect it of yourself. Even an Aries has limits, so lower your sights a little and remind yourself that you are human.

Taurus

April 21 - May 21

You won't be able to put a foot wrong today, but that won't stop you from treading on some toes — deliberately! Mars and Jupiter combine to give a boost to your ego and make you feel you are unbeatable.

Gemini

May 22 - June 21

You may be feeling guilty because everything seems to be going well for you while friends and family appear to be struggling. Remember, they are not struggling because of you.

Cancer

June 22 - July 23

Be careful when dealing with people in positions of power because they are unlikely to tolerate criticism, even if it is justified. You may think that certain decisions are stupid but keep your thoughts to yourself.

Leo

July 24 - Aug. 23

You have done more than your share of the heavy stuff recently. Take a break and don't feel guilty. What is it you want to accomplish? Get on it and ignore everything else.

Virgo

Aug. 24 - Sept. 23

Mars and Jupiter make you decisive, which gives you the edge over those who cannot make up their minds. That's supposing that you make the correct decisions. You will.

Libra

Sept. 24 - Oct. 23

Take time out of your schedule to offer a hand to a loved one who clearly needs assistance. Your kindness will be greatly appreciated, and noted, and one day will come back to you.

Scorpio

Oct. 24 - Nov. 22

No matter what tasks you have to perform over the next 24 hours you will tackle them with gusto, then go looking for more problems to solve. You're in the groove and your creative juices are flowing.

Sagittarius

Nov. 23 - Dec. 21

Negative thoughts are counter-productive: The more you worry about something the more likely it is to happen. Keep that thought in mind at all times today, especially on the work front.

Capricorn

Dec. 22 - Jan. 20

If something goes out of your life, don't try to hold on to it. Mars and Jupiter are urging you not only to let go of the past but to pick it up and hurl it out of the door. Time to move on to something better.

Aquarius

Jan. 21 - Feb. 19

Make an effort to get out and meet people today. You need some fun and laughter in your life and you won't get it from waiting. Be the sort who makes things happen.

Pisces

Feb. 20 - March 20

It's unlikely you will be in a serious mood today and that's good, but some people may take it as a mark of disrespect. Well, too bad. They'll have to live with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Bible: Abraham's offering to God
6. Shout
10. Queen's 'Bohemian', e.g.
14. Workday food time
15. Jai's friend
16. Wish
17. 1961 Pierre Berton book classic, with The: 4 wds.
20. Welcomes a client at reception: 2 wds.
21. Pub serving
22. Daze
23. Headland
25. Kevin __, Canadian on "Shark Tank"
27. Required
31. Hammers and saws
33. Rat's retreat
34. Site of Newfoundland's oldest surviving lighthouse, also North America's most easterly land point: 2 wds.
38. Spin
39. Sacred choral piece
40. Montreal-born actress Ms. Lee
41. Getaway from The White House: 2 wds.
42. Waist circumference
44. "Jump" by Van Who?
45. Marching bands gear

46. Community in southern Ontario north of Waterloo
49. Friends of 'Fis'
51. Cacharel perfume
52. AOL exchanges
54. Silent-movies-talkies flick, "The __"
58. In Canada, as examples... No Frills, PriceSmart Foods and Food Basics: 2 wds.

62. Approximately: 2 wds.
63. Weight allowance
64. Prince Charles' realm
65. Cry
66. "My word!"
67. "__, __...that's where you've got it wrong..."

2. Does lawyering
3. 'Accept' suffix
4. Territorial measure
5. Country singer Kenny
6. Dullsville declarations
7. Fitting-here gr.
8. Ms. Spencer of "Good Morning America"
9. BC district on the

- Fraser River
10. Pi's follower
11. Teamsters leader Jimmy (b.1913 - d.????)
12. "I am just __ boy..." - Simon & Garfunkel, "The Boxer"
13. Buddy Holly's "Sue"
18. Even
19. Some computers

24. Drugs like Lipitor
26. Vivacity
27. Drug deal buster, commonly
28. Philosopher, Zeno of __
29. Pre-HS
30. Mount Parnassus overlooks this 'oracle' city in Greece
32. Newspaper piece, __
34. Quathiaski __, BC
35. 12-star coin
36. Memo notation, for short
37. Hurrays!
39. Arctic dog, Alaskan __
42. Racecar driver Mr. Franchitti
43. Historic neighbourhood of Vancouver
45. Whirring sound
46. Fund
47. France's longest river
48. En __ (All together)
50. Confined amidst bars
53. Hosiery annoyance
55. Flight-related UN Agency based in Montreal [acronym]
56. Salts, in Sherbrooke
57. Lumberjack's target
59. Police officer
60. __-la-la
61. Opposite NNW

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: -15°
MIN: -15°

WEDNESDAY



MAX: -10°
MIN: -19°

THURSDAY



MAX: -8°
MIN: -9°

ANDREW SCHULTZ METEOROLOGIST

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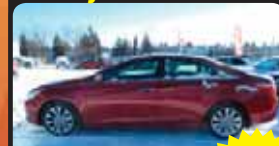
B3357 • 54,000 KM
BLOWOUT! \$13,998

2010 Buick LACROSSE CX



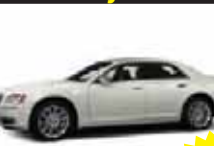
131211A • 55,260 km
BLOWOUT! \$16,998

2010 Hyundai SONATA 2.0



14T139A • 12,500 KM
BLOWOUT! \$23,998

2013 Chrysler 300C



14J047A • 10,000 KM
BLOWOUT! \$33,998

2008 Dodge NITRO RT 4x4



13J345A • 100,085 KM
BLOWOUT! \$14,998

2012 Jeep COMPASS 4WD



B3334 • 49,500 KM
BLOWOUT! \$20,998

2011 Jeep WRANGLER



14T130A • 98,808 KM
TRICKED OUT! \$25,998

2011 Jeep GR. CHEROKEE



14J155A • 56,000 KM
V6 LAREDO \$30,998

2011 Jeep WRANGLER



B3306 • 52,600 KM
4DR! LOADED! \$32,998

2006 Dodge CARAVAN



B3125B • 126,000 km
BLOWOUT! \$7,998

2010 Dodge GR. CARAVAN



B2414C • 88,060 KM
BLOWOUT! \$15,998

2011 Dodge GR. CARAVAN



13T187A • 34,000 KM
SXT! STOW n' GO \$19,998

2012 Dodge GR. CARAVAN



B3165 • 52,500 KM
V6! STOW n' GO! \$19,998

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14T170A • 10,718 KM
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13T602A • 164,058 KM
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